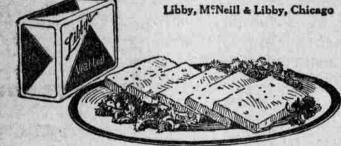
## Sibby's Tempting veal loaf V/HAT is more tempting for a summer luncheon

than Libby's savory Veal Loaf! Prettily garnished it makes a dainty yet sub-stantial dish — and one all ready to put on the table!

Order Libby's Veal Loaf today. You will want it always on your shelves - for quick lunchcons-for unexpected guests.



### 

Militarist Logic.

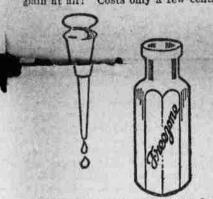
"Militarism" said British Delegate Appleton at the recent trade union congress in New York, "militarism and war can't be defeated logically, and the man who tells you that the world couldn't get along without standing armies reminds me of the lecturer who

" Ladies and gents, the world could never get along without water, for if we had no water, how could we learn to swim-and if nobody could swim, ladies and gents, just think how many of us would be drowned!"

## **MAGIC! HAVE IT** ON THE DRESSER

CORNS STOP HURTING THEN LIFT OFF WITH FINGERS.

Just drop a little Freezone on that touchy corn, instantly it stops aching then you lift that corn right off. No pain at all! Costs only a few cents.



Get a tiny bottle of Freezone for a few cents from any drug store. Keep nati. It always handy to remove hard corns, soft corns, or corns between the toes, and the callouses, without soreness or irritation. You just try it!

ery of a Cincinnati genius .- Adv.

### Substitution.

"Are you living on the fat of the fand?" "To some extent. We can't afford real butter."

Maybe the cheapest way to live is to chew nothing but words. But we confess it's tiresome.

Shooting stars may yet discover that Hie earth is a good revolver.

## AT LEAST HAD ONE REQUISITE

Would-Be Bridegroom Wouldn't Have to Trouble Camp Authorities to Provide the Girl.

Place-Hostess house, Camp Dodge Phone Ringing: This is the Hostess house, Mrs. Dunshe speaking.

Voice from Des Moines-I am a corporal from ---. Can you locate a chaplain for me? Mrs. D .- Yes. I am sure I can; what

shall I tell him? Voice-Well, I want to get married;

could I out there? Mrs. D .- Yes, I can arrange everything for you, but you must have a

license, and of course the girl. Voice (wearily over the phone)-Well, the girl is all I have so far. Thank you; good-by .-- Y. M. C. A. War-Work Bulletin.

Wright's Indian Vegetable Pills contain nothing but vegetable ingredients, which act gently as a tonic and purgative by stimulation and not by irritation. Adv.

## Stoker's Act of Bravery.

In these days of undersea warfare, when the blow is often struck without warning, a new danger is added to the already hazardous tasks of the ship's firemen. Speed is an essential in beating the U-boat, and this requires constant work. Recently the bottom blow valve of a boller was carried away on a vessel of the United States navy. One of the crew was Aloysius Fawcett, a fierman, first class. With two others he made his way through a steam-filled fireroom and fought a passage through a hot cloud in the engine room. Here he helped haul the fires at a critical sel from serious accident. Fawcett enlisted in the navy in 1911 at Cincin-

### No Limit.

The other morning while I was working I was interrupted by my small son Freezone is the sensational discov- with his regular message: "Mamma, I love you," I said: "I'm glad, for I love you. How much do you love

> He hesitated a moment, then replied: "Oh, to the end of the counting!"-Exchange.

> When a man discovers that he has had enough he also discovers that he has overestimated his capacity.

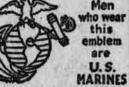
> The angler's baited breath catches the big fish stories.

Sapolio doing its work. Scouring for U.S. Marine Corps recruits.



Join Now! APPLY AT ANY

POST OFFICE



SERVICE UNDER THIS EMBLEM

## Scenes of Prosperity Are Common in Western Canada

The thousands of U.S. farmers who have accepted Canada's generous offer to settle on homesteads or buy farm land in her provinces have been well repaid by bountiful crops of wheat and other grains. Where you can buy good farm land at \$15 to \$30 per acre—get \$2 a bushel for wheat and raise 20 to 45 bushels to the acre you are bound to make money—that's what you can do in Western Canada.

In the provinces of Manitoba, Saskatchewan or

Alberta you can get a HOMESTEAD OF 160 ACRES FREE and other land at very low prices.

and other land at very low prices.

During many years Canadian wheat fields have averaged 20 bushels to the acre—many yields as high as 45 bushels to the acre. Wonderful crops also of Oats, Barley, and Flax.

Mixed Farming is as profitable an industry as grain raising. Good achools, churches; markets convenient, climate excellent. Write for literature and particulars as to reduced railway rates to Supt. of Immigration, Ottawa, Can., or to

W. S. Neibery, Room 82, Interurban Sta. Bldg., Columbus, O. Canadian Government Agent



all blocked up and impossible that a happening comes. If you are sure that you are looking, and ready, that is all you need. God is turning the world around all the time.—Whitney.

### SEASONABLE SUGGESTIONS.

Try these fish balls: Put a table spoonful of butter in a saucepan; add the same quantity of

flour, and when smooth. stir in a half-cupful of sour cream; remove from the fire and add a beaten egg, salt and pepper to taste, and a cupful of fish that has been pounded to a paste. Cool and shape into balls; dip in egg and crumbs and head or read the evening paper. The

brown in hot fat. Serve with sauce made from the bones simmered in water to cover, strain and thicken with flour and butter cooked together.

Lemon Catsup .- Mix a tablespoonful of grated horseradish with the grated rinds of four lemons; add three tenspoonfuls of salt, the juice of the lemons, and two tablespoonfuls each of mustard and celery seed, four cloves and a dash of red pepper. Boil 30 minutes and put away six weeks. This is fine to serve with fish.

Current Mint Sauce.-Cut in small pieces two-thirds of a glass of currant jelly; add one and a half tenspoonfuls of finely chopped mint, and the grated rind of a quarter of an

orange. Serve with mutton. Barbecued Ham .- Wipe a thick slice of ham and remove the surplus fat, which may be fried out and saved for various uses. Cover the ham with lukewarm water and let stand an hour. Drain, wipe and put into a hot pan to brown well on both sides. Remove the ham, and to the fat in the pan, add three tablespoonfuls of vinegar, mixed with one tenspoonful of stance is swallowed, swallow the gar and a few dashes of paprika. When well heated pour over the ham.

Barley Flour Hermits.-Take a halfcupful of shortening, three tableof baking powder, teaspoonful each for a toothache or an earache. of cloves and cinnamon, a cupful of sugar, two cupfuls of barley flour, a in the spoon before filling with easter spoonful of salt, and a cupful of chop- test. ped dates. Roll and cut or drop from Use popped corn instead of crou-

a previous meal, if combined with a trent at the same time. few stewed prunes and a bit of cream, will make a most dainty dessert.

Old bed spreads may be cut into work or wind. small-sized cloths for lunch tables, the smaller bits used for wash cloths. Tea leaves should be saved for moment. The nerve and quickness of sweeping days, Squeezed dry and the act saved the boiler and the ves- placed in a cool place they may be moistened when ready to use.

There is good for us who will brook no

ill. For those who hope there is gladness still; Let us keep the path with a sturdy

And sing a song as we climb the

GOOD THINGS FOR THE TABLE.

Bits of left-over fish may be used in salads, in a white sauce, to serve on toast or put through a

sieve, and added to a souffle make a most satisfying dish. Corn Tamale. - Cook together a can of corn, a half can of tomatoes,

one cupful of cornmeal and two cupfuls of corned beef. Add one onion, two well-beaten eggs, and salt and pep-

per to season. Serve with a sauce made from half a can of tomato, a tablespoonful of onlon juice, a dash of red pepper and two tablespoonfuls each of butter and flour cooked to-

Beef Scrapple.—Bell two pounds of flank beef until tender, put the meat will be seasoned all through. through the grinder and add to the meat liquor cornmeal to thicken; cook until thoroughly done; add the meat and seasonings to taste. Pour into a mold and use for frying when sliced in thick slices. This will keep

ome time if kept cool. Braized Liver With String Beans. Wash a calf's liver and lard it with bacon. Roll in flour, season with salt, pepper and celery salt. Cook the liver in a saucepan with a little bacon fat. When well seared over add five slices of carrot, one-half an onion, two sprigs of parsley, a bit of bay leaf, one clove, two pepper corns, and two cupfuls of brown stock or water. Cover closely and bake in moderate oven two and a half hours, basting five times during the cooking. Add two tablespoonfuls of orange juice; pour over the liver and serve surrounded with hot sensoned string

Steak With Banana,-Broll or pan broll a steak; cut in haives four bananas and lay them in the pan; sprinkle with bits of butter and serve, when well heated through, with the steak.

Buy occasionally a bottle of good sauce; the collection will last for years, and dishes will be made more appetizing by a pinch of curry or a tenspoonful of mushroom catchup. The cost will not be noticed if they are not purchased at once.

Odors, when sweet violets sicken, Live within the sense they quicken.

TIMELY TIPS.

This is the season of the year when looking over old treasures and unused but still useful articles. to pass them on. To somebody who has little, they would be both use-

> The wise housewife these days does not, unless obliged by decorntors or painters, tear up the whole house so that there is no place for the weary man to lay his

ful and acceptable.

housewife of today cleans and set tles a room at a time and when his help is not needed the man of the house is not aware that housecleaning is in progress. The household upheavals of former days are now extinct, for which we are thankful.

When possible save the old curtains so that they may be hung each time while the new curtains are being laundered or dry cleaned. It takes but a few moments to hang them and it means much to the attractiveness of the room.

Soak paint brushes in kerosene then wash in hot sonpsuds and they will become pliable again.

A never-falling remedy for a tender skin which might become a bed sore is to lather it freely with castile soap. letting it dry on.

Soda applied to a burn either from the fire or sun will relieve the pain. Moisten the soda and continue to add moisture as it dries.

Pineapple juice and honey make a fine cough sirup and one which the little people will not refuse.

mustard, one haif-tenspoonful of su- white of an egg immediately; this conts over the sharp edges and protects the stomach and intestines.

A hot raisin with a grain or two spoonfuls of milk, three teaspoonfuls of red pepper wrapped in it is good Put a little lemon or orange juice

teaspoonful of allspice, a half-tea- oil. It will go down with less pro-

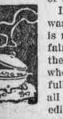
cons with the tomato soup, thus sav-A bit of lemon jelly left over from hig wheat and giving your family a

A little vinegar put on the hands will soften them when roughened by

The air is rich with sweet perfume. For the apple trees are all a-bloom, And the birds make song The whole day long.

### SERVING BEEF HEARTS.

The price of beef hearts varies in different sections and it is never safe to say that certain kinds of meat are low in price.



In heart there is little waste, and when the cost is reasonable it makes a fairly economical dish. If the heart is to be cooked whole it should be carefully washed to remove all blood, then the inedible portion and the

arteries are removed and It is ready to stuff or cook in any way desired. When stuffing, cut through the right and left sections so there is but one cavity to fill. A stuffing of sausage meat, to which an onion or two finely chopped is mixed, makes a most savory dish. Sage with a little onion for

flavor is another combination with bread crumbs which is well liked. Egg. butter and salt and pepper are all needed to make a savory stuffing. A heart simply stewed until tender then sliced cold makes a good dish. The seasoning should be added to the sauce while cooking so that the ment

Beef heart stuffed and served sliced cold with any desired meat sauce is another way of serving this dish.

Calf's Heart en Casserole.-Wash the heart and stuff with any desired stuffing. Arrange a half cupful of onions and carrots in a casserole, then lay in the heart. Sprinkle with salt, pepper and paprika; dredge with flour and bake for two hours. Remove from the dish and make a brown gravy, using four tablespoonfuls of the fat with three of flour, adding two cupfuls of boiling water. Serve with the gravy and vegetable around the heart. Corn or barley flour should be used for the thickening.

Heart a la Francaise.-Take a half cupful of bread crumbs, two tablespoonfuls of finely chopped suct, a tenspoonful of minced parsley, some sweet herbs, salt and pepper, and an egg for binding. Stuff the heart with this and fasten well with a string. Rub the heart over with melted fat and fold in a buttered paper or a paper bag used for cooking. Roast for three and a half hours. Serve garnished with spinach and brown sauce. Tomatoes as a vegetable may accompany this dish.

Neceie Maxwell

A Life-Saver.

Gutzon Borgium, apropos of his report on the deficiencies of the government's aerial program, said at a luncheon in New York:

"To get results we must use originality-must show initiative-like the doughboy's dad, you know.

"'My father,' said a doughboy, look ing up from a bad camp dinner with a grimace-'my father was a very brave man.

"'Was he?' said the camp chef. "'Yes,' said the doughboy, 'Two weeks after he enlisted he saved his whole regiment."

"'How did he do it?" "'Shot the cook.' "

## **NEVER FAILS TO END** MISERY OF PILES

Stops Itching at Once.

"Hundreds of people in this vicinity," says Peterson, "know of the mighty healing power of PETERSON'S OINTMENT

ing power of PETERSON'S OINTMENT in eezema, salt rheum, old sores, itching skin, ulcers, pimples and all diseases of the skin. They know it cures these ailments—that it is guaranteed to cure them."

Now I want to say to every sufferer from piles, either blind, bleeding or itching, that i will guarantee that a 30 cent box of PETERSON'S OINTMENT will rid you of piles or your druggist will return your money.

money.

"Tor years I suffered terribly with itching and bleeding piles. I tried everything and despaired of ever getting rid of them. It gives me great pleasure to state that Peterson's Ointment entirely cured me, and I sincerely recommend it to all sufferers."—Yours truly, David A. Seymour, Supt. of Parks, Buffalo, N. Y.

Mail orders filled, charges prepaid by Peterson Bros., Buffalo, N. Y. Adv.

### Barridge.

"He's consistent, anyway." "Why?" 'He pronounces 'barrage' the same way he does 'garage.' "

Fourflushers.

Wife-Where do folks get all the money to buy new cars, John? All the homes were mortgaged long ago.

Change of Color. Knicker-Who has succeeded the stand table d'hote-age.-Judge. green-goods man?

Possibly the "iron cross" in the futuré may prove as glorious a badge as a tick on a sheep.

Bocker-The blue-print man.

For quick results rub the Forehead and Temples with

EURALGIA KS VAPORUBIL 25°-50°-\$1.00

NO ADVANCE IN PRICE

## BSORBINE TRADE MARK REGULS PAT OF Reduces Strained, Puffy Ankles.

Lymphangitis, Poll Evil, Fistula, Boils, Swellings; Stops Lameness and allays pain, Heals Sores, Cuts, Bruises, Boot Chafes. It is a SAFE ANTISEPTIC AND GERMICIDE Does not blister or remove the hair and horse can be worked. Pleasant to use.

\$2.50 a bottle, delivered. Describe your case for special instructions and Book 5 R free. ABSORBINE, JR., antiseptic liniment for mankind, reduces Strains, Painful, Knotted, Swollen Veins, Concentrated—only a few drops required at na application. Price \$1.25 per bottle at dealers or delivered.

W. F. YOUNG, P. D. F., 310 Templo 51., Springfield, Mass.





Wanted to Buy Astock of dry goods, clothing shore, etc., any size stock considered. L. Gutman, 1919 Central Ave., Cincinnati, O

W. N. U., CINCINNATI, NO. 23-1918.

Picking Experience.

First Chorus Girl-Ruther an old boy who took you out to supper last night. I didn't know you cared for this dotage business.

Second Chorus Girl-The old grandpa you refer to may be in his dotage; but believe me, Mamie, he does under-

Killjoy. Daughter-"He is saving fifteen per week from his salary, papa." Father -But how long can he live on | credit?

## WEAK KIDNEYS MEAN A WEAK BODY

When you're fifty, your body begins to creak a little at the hinges. Motion is more slow and deliberate. "Not so young as I used to be" is a frequent and unwelcome thought. Certain bodily functions upon which good health and good spirits so much depend, are impaired. The weak spot is generally the bladder. Unpleasant symptoms show themselves. Painful and annoying complications in other organs arise. This is particularly true with elderly people. If you only know how, this trouble can be obviated.

For over 200 years GOLD MEDAL

those stiffened joints, that backache, rheumatism, lumbago, sciatica, gall stones, gravel, "brick dust," etc. They are an effective remedy for all diseases of the bladder, kidney, liver, stomach and allied organs.

GOLD MEDAL Haarlem Oil Capsules cleanse the kidneys and purify the blood. They frequently ward off attacks of the dangerous and fatal diseases of the kidneys. They have a beneficial effect, and often completely cure the diseases of the bodily organs, allied with the bladder and kidneys.

For over 200 years GOLD MEDAL Haarlem Oil has been relieving the inconvenience and pain due to advancing years. It is a standard, old-time home remedy, and needs no introduction. It is now put up in odorless, tasteless capsules.

than the oil in bottles. Each capsule contains about one dose of five drops. Take them just like you would any pill, with a small swallow of water. They soak into the system and throw off the poisons which are making you old before your time. They will quickly relieve to your time.

preliminary indications of some dreadful malady which can be warded off or cured than the oil in bottles.

# You Gan Now Eat Your Favorite Food Without Any Fear

Kramer Says: "Eatonic" Rids Weak Stomachs of Acids, Gas, Heartburn, Food Repeating and Stomach Miseries

its pleasures. Is there any way out should. for you sufferers with stomach weak-

quick, relief for indigestion, dyspepsia, candy. "sour stomach," heart-burn, formation of painful gases, "bloating," etc., etc. "gassy," acid stomach, vertigo, nausea He calls his stomach relief EA- and belching, and that wretched, TONIC, and it certainly is making a puffed-up, "lumpy" feeling, after over-

ands of people who formerly ap- with EATONIC Tablets." proached their meals with dread, now All druggists sell EATONIC - 50c eat their fill of their favorite foods for a large box. Watch out for imitawithout fear of the after-effects.

tablets are the solution of the age-old to do all that is claimed; or if your problem of indigestion and all forms druggists don't carry EA CONIC-send of stomach misery.

What miserable feelings are caused "EATONIC neutralizes the acids, by an upset stomach! That dull, that form the painful gases, "sweetheavy, "bloated" sensation that follows ens" the stomach, and gives the gastric a full meal, robs good living of half juice a chance to do its work as it

tion, take EATONIC tablets-one or Yes; H. L. Kramer, the man who two after each meal. They are peroriginated Cascarets, has found a sure, feetly harmless. Eat them just like "For distress after eating; sour,

"To promote appetite and aid diges-

wonderful record. Countless thous- eating; there is nothing to compare tions. The genuine bears the name Mr. Kramer says: "My EATONIC EATONIC on each tablet-guaranteed

to Eatonic Remedy Co., Chicago, Ill.

**Carter's Little Liver Pills** 

You Cannot be Constipated and Happy

A Remedy That **Makes Life** Worth Living

CARTER'S IRON PILLS
will greatly belp most pale-faced people